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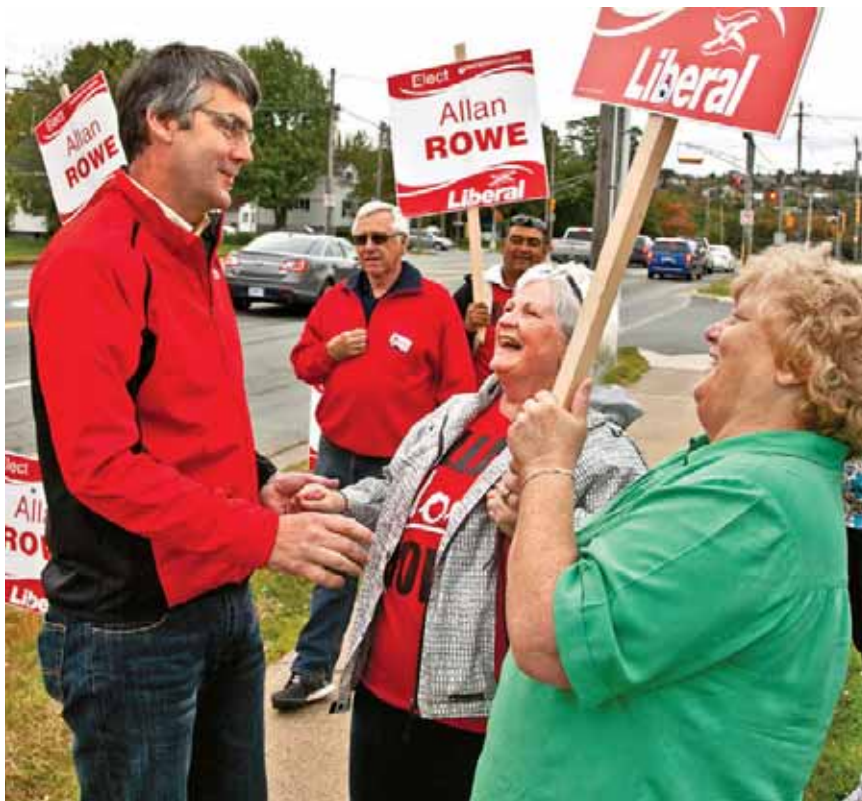
'Renewal strategy' set to save up to \$1.2B a year **PAGE 10**

Woman dies after fight in care home

91-year-old was pushed by another resident: Police **PAGE 6**

IS THERE A 'RIGHT KIND' OF STALKERISH?

ROM-COM DILEMMA: MARRY A HUMANITARIAN ATHLETE OR A COCKY DISHWASHER? **PAGE 15**



LAUGHING WITH LIBERALS

Liberal Leader Stephen McNeil jokes with supporters Ethel Jack, centre, and Terrie Berube at a campaign stop in Dartmouth on Monday. The party leaders spent the final day of the election campaign criss-crossing the province in hopes of garnering last-minute support. Coverage, page 4.

JEFF HARPER/METRO

Voter turnout: Will it be up or down in N.S.?

Election day. Advance polls much busier than in 2009

In numbers

51

The number of seats up for grab in today's provincial election.

cept Sundays.

Stations were set up at seniors' homes, shelters, on university or college campuses, and in jails. Those who were outside of the province could also mail in their vote.

"We were quite pleased that a number of people who had obstacles or found it difficult to vote in the past found those obstacles removed," said Doiron.

"We'll know whether or not that has an effect on (overall) turnout sometime on Tuesday night," he added.

Four years ago, voter turnout was about 58 per cent of

the electorate. He said if everyone who voted on election day in 2009 vote today, the turnout could be up in the 61-per-cent range.

When it comes to the block of undecided voters, political science professor Jeff McLeod of Mount Saint Vincent University said they don't pick one party over another, but "follow the trends that have already been established," which point to the Liberals having an upper hand.

However, McLeod said "anything is possible with people," and the whole election could change in the last few hours before the polls close.

"We live in a Twitterverse," McLeod said. "We live with a very volatile media environment that can really sway opinion very quickly, unlike campaigns before."

HALEY RYAN/METRO



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Developer bringing upscale loft condos to Agricola neighbourhood

Q's the word. Polycorp hoping to attract young professionals, empty-nesters to new building



RUTH DAVENPORT

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The developer behind a six-storey condominium building under construction off Agricola Street says the finished product will offer high-end European-style lofts designed to appeal to anyone seeking a "true urban experience."

"We're very excited about how the building integrates into the local urban fabric and we're also very excited about ... 72 new households moving onto the peninsula," said Polycorp vice-president Louis Lemoine.

Polycorp unveiled the interior design for the 72-unit Q Lofts building on Roberts Street Monday, highlighting the environmental features, contemporary finishes and economical use of space.

The units will vary in size

Target date

The Q Lofts building is expected to be complete by next summer.

from 950 to 1,240 square feet and each features an elevated space for the master bedroom. The starting price is \$399,900.

Lemoine said the price reflects the value of the finished product in terms of materials, design — and location.

"Our target market is looking for a neighbourhood where you can walk to the shops, to the grocery store, your hairdresser, your bicycle shop, your favorite restaurant," he said. "All of those things and more are taking place in the Agricola Street corridor."

Lemoine said the company consulted with both residents and local business owners on the design of the Q Lofts, and more co-operation is planned to add a piece of public art to the building. "We want to work with the local community and figure out what would be an appropriate monument to leave behind for the street," he said.



Developer's rendering of the Q Lofts on Roberts Street. CONTRIBUTED

Purcell's Cove service-extension study edges toward filing cabinet

Residents of the Purcell's Cove area were cautiously optimistic, but skeptical, after a community council vote that could put an end to nearly two years of speculation about extending sewer and water services.

"It's not a win yet," said one man, walking out of the Halifax-West Community Council meeting Monday evening.

The six regional councillors on the community council voted unanimously to send a

staff report to regional council, with a recommendation to table it — effectively putting the idea on pause indefinitely.

"I feel that we are several steps closer to closure," said Catherine McKinnon, chair of the Purcell's Cove Area 1 Residents Action Committee. "I'm also confident that development pressure will continue in this area, but it seems like finally the residents are being heard."

A feasibility study, conducted by CBCL Limited, suggested the costs of extending city services past Wenlock Grove along Purcell's Cove Road would range from \$10,000 to \$73,000 per lot — not including the cost of lateral connections.

The study was conducted over 18 months, beginning in February 2012. Area residents were almost universally opposed to the service extension,

Next step

The report is expected at Halifax regional council in two to three weeks.

development.

Some residents wanted councillors to table the staff report without sending it to regional council, but city solicitor Karen Brown clarified, at Coun. Stephen Adams' request, that that was not an option.

"This process was initiated by regional council and should go back to regional council for its conclusion," she said.

RUTH DAVENPORT/METRO



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1 NEWS

Party leaders making final pitch for votes before election

Still undecided? Polls close Tuesday at 8 p.m.

The campaign

31

number of days the election campaign lasted

Hours before Nova Scotians were to cast their ballots, the leaders of the province's three main political parties made one last swing through battleground ridings that could determine the outcome of the election Tuesday.

Premier Darrell Dexter hung his hopes on what he believes is a large block of undecided voters that he thinks could give his New Democrats a second term in office.

"We are finding more and more in the way of undecideds who are coming to our campaign and we want that momentum to continue," Dexter said Monday while campaigning in Chester Basin.

Dexter, who became the first NDP premier in Atlantic Canada after the June 2009 election, cited the federal navy shipbuilding contract, a balanced budget and fewer emergency-room closures as evidence of his government's achievements.

He said he believes vot-

ers are aware that such progress could be in jeopardy under a Liberal government led by Stephen McNeil.

"We have a strong program we have articulated over the course of the campaign," he said.

"They know they can rely on us to build on this strong foundation. They also understand the risk that comes with Mr. McNeil and the Liberals, which is essentially throwing away what we have and starting over."

McNeil said while his party needs to win seats in all parts of the province, it must make gains in Halifax if it's to win the election.

"There's no question there is a huge volume of seats here in Metro and we need to be part of that, we need to win some of those seats," he said during a stop in the city, urging party workers to speak with disaffected NDP and Progressive Conservative supporters.

"I would ask you to forget about the traditional way families have voted and the way communities have voted."

"Reach out and ask everyone you see for their support."

Progressive Conservative Leader Jamie Baillie travelled to his hometown of Truro, where he said he believes voters have agreed on



NDP Leader Darrell Dexter makes a campaign stop at candidate Peter Lund's office on the Hammonds Plains Road on Monday. JEFF HARPER/METRO

Seats won

How many seats won by the three main parties on the last provincial election on June 9, 2009:

- NDP: 31
- Liberal: 11
- Progressive Conservative: 10

one thing: It's time to get rid of the governing NDP.

"They're now looking at the two choices they have, the PCs and the Liberals," Baillie said, repeating a theme he has relied on for much of the campaign.

"That's why I wanted to make it clear today that there's a very stark choice between those two."

Baillie, whose main promises include frozen

power rates and tax cuts, said his party is offering the province a brighter future with more jobs, while the Liberals are saying little, hoping to coast to victory without anyone noticing.

"The Liberals have been ... sleepwalking through an election, hoping nobody notices that they don't have a plan of their own," Baillie said.

THE CANADIAN PRESS



Progressive Conservative Leader Jamie Baillie. ANDREW VAUGHAN/THE CANADIAN PRESS

Nothing gets between Tory leader and his Stanfield's

Nothing gets between Jamie Baillie and his Stanfield's underwear.

The Nova Scotia Progressive Conservative leader made one of the more unusual comments heard on the campaign trail while visiting Truro on Monday.

Baillie stopped outside the Stanfield's plant, which has been making underwear for more than 130 years.

While there, he told a crowd of supporters that he has never worn any other product than Stanfield's since he was a little boy. He then

said he was wearing a pair of Stanfield's Monday, and that nothing comes between him and his Stanfield's.

The comments elicited a chuckle from Charles Cox, the Tory candidate for Truro-Bible Hill-Millbrook-Salmon River. THE CANADIAN PRESS

Independent candidate running to oppose centralization plans

Metro Halifax inadvertently failed to reach out to independent candidate Michael Marshall of Halifax Chebucto for Monday's election feature on why each HRM candidate is the best choice for their respective riding.

Here is his response:

Michael Marshall, Independent: I am running in opposition to plans to centralize the administration of all of Nova Scotia rural hospitals in some big concrete tower in downtown Halifax.

I do not think either Halifax Chebucto or rural Nova Scotia would be better off if everyone lives in expensive housing in HRM while rural Nova Scotia is reduced to summertime cottage country.

METRO

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toyota.ca

Blue Rodeo. Canadian band set to hit the stage in Halifax again

Blue Rodeo is going back on tour in 2014 and Halifax is one of its stops.

The popular Canadian country-rock band announced on its website Monday that it's hitting the road early next year in support of its upcoming album, *In Our Nature*, which hits stores on Oct. 29.

The 32-city, nine-province tour starts Jan. 2 in Vancouver and comes to the Halifax Metro Centre on Jan. 31. The following day, the band will play at Centre 200 in Sydney.

Blue Rodeo is no stranger to Halifax. The band has performed at the Metro Centre countless times, including last January as part of its 25th-anniversary tour.



Blue Rodeo's Jim Cuddy
METRO WINNIPEG

A date for when tickets go on sale wasn't known, but pre-sale seating is available at bluerodeo.com starting Friday at 10 a.m. **METRO**

Racism. Derogatory words spray-painted on vehicles in Dartmouth

Halifax Regional Police are investigating after two racist words were spray-painted on vehicles in Dartmouth.

On Monday, police say they received a complaint of a racist word spray-painted on the side of someone's vehicle in the 100 to 200 block of Windmill Road. Police believe the word was spray-painted sometime overnight.

While investigating the incident, police say officers became aware of a second vehicle spray-painted with a racist word in the 0 to 100 block of Stairs Street, which is also in Dartmouth.

Halifax Regional Police

spokesman Const. Pierre Bourdages wouldn't say what the two derogatory words were, but said one was directed at black people and the other white people. He also said he believes the two incidents are related.

CBC is reporting that Garnetta Cromwell, who has filed a human-rights complaint with the province against her former employer, Leon's Furniture, over alleged racism was the victim of one of the incidents.

An image on CBC shows the N-word written across her red car.

PHILIP CROUCHER/METRO

Vandalism

Rocks thrown at homes, vehicles in Cole Harbour

Police are investigating after rocks were thrown at several homes and vehicles in a Cole Harbour neighbourhood. The incidents took place on Beaver Crescent, either late Sunday night or early Monday morning.

Halifax RCMP spokesman Cpl. Scott MacRae said damage was done to two homes and three vehicles.

Police are asking anyone who might have seen suspicious activity to contact them. **PHILIP CROUCHER/METRO**

Fraud

Ex-CEO charged following forensic audit

RCMP say the CEO of a now-defunct regional development authority in Nova Scotia has been charged following an investigation into the agency's practices and cash-flow problems.

The Mounties say 64-year-old Ronald Francis Anderson of Lake George faces one count of fraud over \$5,000 and eight counts of uttering forged documents. The South West Shore Development Authority shut down in June 2012.

THE CANADIAN PRESS



Shannex Parkstone Enhanced Care in Clayton Park, where a 91-year-old died Sunday night after being pushed by a 74-year-old. JEFF HARPER/METRO

Woman dies in care home after fight

Shannex Parkstone. Police say victim, 91, pushed by 74-year-old



HALEY RYAN
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A memory-care facility in Clayton Park is conducting an internal investigation after a 91-year-old woman died after a fight with another resident on the weekend.

Halifax Regional Police say just before 9:30 p.m. on Saturday, officers were called to Evan Hall at Shannex's Parkstone Enhanced Care at 156

Parkland Dr.

Heather Hanson, Shannex spokesperson, said a 74-year-old woman with dementia pushed a 91-year-old woman who fell and suffered injuries.

Police said the victim was taken to hospital and died Sunday night.

"This is a deeply upsetting situation and we are fully cooperative with the investigation being conducted by the police," Hanson said in a release issued Monday.

The release says Evan Hall is a 28-suite area on the third floor of Parkstone Enhanced Care, but is "separate and distinct" from other Parkstone operations. Clients of

Suspicious death

The last suspicious death in an HRM care home happened in February 2011.

Evan Hall have dementia or Alzheimer's and receive "full assistance with the activities of daily living."

Police spokesperson Const. Pierre Bourdages said no one has been charged, and the case has been ruled suspicious until a cause of death can be determined.

"Given the age of the woman, we have to wait for an autopsy to be conducted

before we can rule what the cause of death was and if there's a need for a further investigation," Bourdages said.

He added the fact this incident happened in a specialized-care unit brings "some uniqueness to the investigation."

The autopsy was being conducted Monday, and Halifax police's major crime unit is investigating

"The medical examiner's office will direct where our investigation will go," said Bourdages.

Hanson said an internal investigation is also underway to identify anything that can be done to "prevent future incidents of this nature."

Woman takes dealership SUV for joy ride

Police have charged a Halifax woman after she tried to take an extended test drive from a car dealership on Friday.

Around 9:15 a.m., Halifax Regional Police say a woman went to a car dealership on Kempt Road in Halifax and took an SUV for a test drive after providing identification from a different province.

When the woman failed to return the vehicle, the dealership's staff called police and reported the vehicle stolen.

On Sunday at 12:55 p.m., officers arrested 48-year-old Cheryl Ann Moyles of Halifax at a home on Lady Hammond Road.

Police say the stolen vehicle was recovered nearby and re-

turned to the dealership.

Halifax Regional Police spokesperson Const. Pierre Bourdages wouldn't say which specific dealership the vehicle was stolen from.

Moyles was held in custody overnight and was set to appear in Halifax provincial court Monday to face a charge of theft of a motor vehicle

Price tag

\$50,000

Police say the SUV was a high-end model worth about \$50,000.

over \$5,000 and five counts of breach of court orders. **METRO**

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Royal wedding watch

Prince Harry set to marry?

Is the last unattached royal Brit about to go off the market? Prince Harry, William's younger brother and fourth in line for the British throne, is said to be close to proposing to his girlfriend, Cressida Bonas. "Harry never stops talking about marriage and children, and she has now got used to the idea," a friend of Bonas's tells the Telegraph newspaper. "The wedding is likely to take place next year." **MELINDA TAUB/MWN**

Fox News

Anchor apologizes for saying Obama funded Muslim museum

Fox News anchor Anna Kooiman has apologized for falsely saying that U.S. President Barack Obama had offered to pay for the operation of a museum of Muslim culture "out of his own pocket" during the government shutdown.

Kooiman didn't cite a source, but a satirical news site called National Report had posted a similar story.

THE ASSOCIATED PRESS

France

Sarkozy cleared in donations case

Former French President Nicolas Sarkozy was cleared Monday of allegations that he illegally took donations from France's richest woman on the way to his 2007 election victory, his lawyer and an official said.

THE ASSOCIATED PRESS



Anti-Korean group told to pay for 'hate speech'

Japan. Court orders \$120,000 in compensation paid to school after classes disturbed by rallies that frightened children

A Japanese court on Monday ordered a group of anti-Korean activists to pay a Korean school in Kyoto 12 million yen (\$120,000 US) in compensation for disturbing classes and scaring children by holding "hate speech" rallies outside the school.

The ruling acknowledged for the first time the explicit insults used in the rallies constituted racial discrimination, said human-rights experts, lawmakers and others calling for restrictions on hate speech. They said the ruling could prompt a move to exempt such speech from



Anti-Korean rallies in Japan have escalated this year in cities with Korean communities. In Tokyo's Shin-Okubo district, dotted with Korean restaurants and shops popular among South Korean pop-culture fans, hundreds of Zaitokukai members and supporters have called Koreans "cockroaches," shouted, "kill Koreans" and threatened to "throw them into the sea." **SHIZUO KAMBAYASHI/THE ASSOCIATED PRESS FILE**

Japan's constitutional right to free speech.

Though attendance at such rallies has been limited to a few hundred people at

most and they are far from becoming mainstream, similar demonstrations of nationalists targeting ethnic Koreans and other minorities

have escalated since earlier this year, amid Japan's chilly diplomatic relations with its Asian neighbours.

THE ASSOCIATED PRESS

Somalia. Target of SEAL attack planned to strike UN's Kenya HQ: Report

The man U.S. Navy SEALs tried to take down in Somalia over the weekend was a Kenyan who had plotted to attack his country's parliament building and the UN headquarters in Nairobi, according to a Kenyan intelligence report.

The pre-dawn, seaside raid Saturday targeted Abdulkadir Mohamed Abdulkadir — also known as Ikrima — a U.S. official said. The U.S. troops are not believed to have captured or killed their target.

In the internal report by Kenya's National Intelligence Service, Abdulkadir is listed

as the lead planner of a plot sanctioned by al-Qaida's core leadership in Pakistan to carry out multiple attacks in Kenya in late 2011 and early 2012. Those attacks, linked to the Somali Islamic extremist group al-Shabab, were reportedly disrupted.

The report, leaked to media in the wake of the Sept. 21 attack on Nairobi's Westgate Mall, also warns of "Mumbai-style attacks," referring to the assaults in Mumbai, India in 2008 in which operatives stormed several locations with guns and grenades. **THE ASSOCIATED PRESS**

The White Widow

- The report lists Samantha Lewthwaite — a Briton known in U.K. media as "The White Widow" — as one of several "key actors" in the plot to attack Parliament buildings, the UN office in Nairobi, Kenyan Defence Forces camps and other targets.
- The plotters also intended to assassinate top Kenyan political and



Samantha Lewthwaite, a.k.a. "The White Widow" CONTRIBUTED

security officials, the report said.

Mexico. Organizers, driver of monster truck blamed for fatal disaster

Quoted

"There is no excuse for why the spectators were situated as they were, period."

Marty Garza, spokesman for the Monster Truck Racing Association

Mexican government officials and event organizers on Monday blamed the driver of a monster truck for losing control and plowing into a crowd of spectators, killing eight and injuring dozens. Motor-sports experts pointed to the organizers, saying the setup of the state-sponsored show was blatantly deficient and life-threatening.

Organizers of the Extreme Aeroshow said that hundreds of families had gathered without permission in what was supposed to be the pit area of the makeshift arena in a park in the capital of the state of Chihuahua. One organizer said the spectators weren't moved because "crowd management is very difficult."

The pit area was unprotected by any barrier and sat feet from where the monster truck known as "Big Show" was

crushing a pair of old cars, leaping into the air and rolling over their hoods and roofs. Video of the accident shows the truck coming down hard off the second car, bouncing, then speeding into the crowd.

It was the second disaster in less than a month to focus attention on Mexico's patchy and loosely enforced system of consumer safety. Experts widely blamed much of the billions of dollars' worth of damage from Tropical Storm Manuel and Hurricane Ingrid, which killed 157 people and displaced thousands, on the government's failure to prevent home construction in floodplains and enforce building standards for highways and bridges.

Chihuahua state Gov. Cesar Duarte and organizers of the weekend event tried to pin responsibility for the truck accident on the driver, saying he should only have driven in one direction over the cars, away from the pit area.

"He turned and came back in the wrong direction, came back to do a jump, and that's unfortunately where this accident happened," Duarte told Milenio Television Monday morning. **THE ASSOCIATED PRESS**

Argentina. President to have surgery to remove blood clot from brain

Argentina's president will undergo surgery Tuesday to remove blood between her brain and skull that has been causing new and worrying symptoms, physicians said.

The president's doctors said they had ordered President Cristina Fernandez on Saturday to rest for a month after discovering the subdural hematoma — a clot inside her skull pressuring her brain and causing headaches. In some patients, such blood clots reabsorb by themselves over time.

But the situation became more urgent after Fernandez felt a weakness and numbness in her upper left arm Sunday evening, according to doctors at the Fundacion Favalaro, one of Argentina's top cardiology hospitals.

"Facing these symptoms, the team decided on surgical intervention," the hospital's doctors said in a statement Monday.

The surgery involves drilling small holes through the skull to remove old blood.

THE ASSOCIATED PRESS



Argentina's President Cristina Fernandez arrives at a local hospital in Buenos Aires Monday. **PABLO MOLINA/DYN/THE ASSOCIATED PRESS**

Prisoners suing Edmonton jail over alleged abuses

Prison fight club.

One inmate alleges they're forced to fight each other for 'staff entertainment'

Five inmates are suing a federal maximum security penitentiary in Edmonton, alleging the guards are spitting in their food, beating inmates and running a sadistic prisoner fight club.

The allegations are contained in lawsuits filed in Court of Queen's Bench by inmates against the Edmonton Institution.

Prisoner James Wigmore, in his statement of claim, says the acts are part of a systematic plan to terrorize and dehumanize the inmates.

He says the abuses occur in the segregation unit and that inmates are forced to fight each other for, in his words, "staff entertainment."

A spokesman for the Cor-

rectional Service of Canada declined comment as the case is before the courts.

The statement of claim contains allegations that have not been proven in court.

Erika Norheim, the lawyer representing the inmates, says the prisoners have tried to stop the abuse in-house for the last year without success and that the lawsuits are a last resort. Norheim says more lawsuits from other inmates are on the way.

THE CANADIAN PRESS



Luge team beefs up with help from rancher

Luge racers Tristan Walker, left, and Sam Edney meet with Zena, a two-year-old heifer at a cattle ranch near Okotoks, Alta., Monday. Less than a week after the Canadian luge team slapped For Sale stickers on their helmets, they wore race suits and cowboy boots to a cookout in the Alberta foothills southwest of Calgary. Cattle rancher Mark Barnert donated a cow from his Pin to Point Gelbvieh farm to six members of the national team. "They straight up gave us beef," slider Alex Gough said. "We got a cow we split six ways."

JEFF MCINTOSH/THE CANADIAN PRESS

My Story published

Elizabeth Smart recounts '9 months of hell' in memoir

Minutes after 14-year-old Elizabeth Smart was snatched from her bedroom a decade ago, a police cruiser idled by along a neighbourhood street as she was forced to the ground at knifepoint. "Move and I will kill you!" her captor hissed.

It was one of several fleeting times Smart, now

25, watched a rescue slip away during her nine-



Elizabeth Smart

month ordeal, she recounts in My Story, a 308-page book being released by St. Martin's Press on Monday. Her account was written with help from Chris Stewart, a Utah congressman who has authored other books. THE ASSOCIATED PRESS

Bartender's big tip

Lottery ticket turns into \$17,500 boon

One of Oregon bartender Aurora Kephart's regulars at Conway's Restaurant and Lounge in Springfield often tips her with Keno tickets.

Last Tuesday, the man asked Kephart, 25, to choose two. Kephart's first ticket won \$5. The second turned into a \$17,500 US gratuity.

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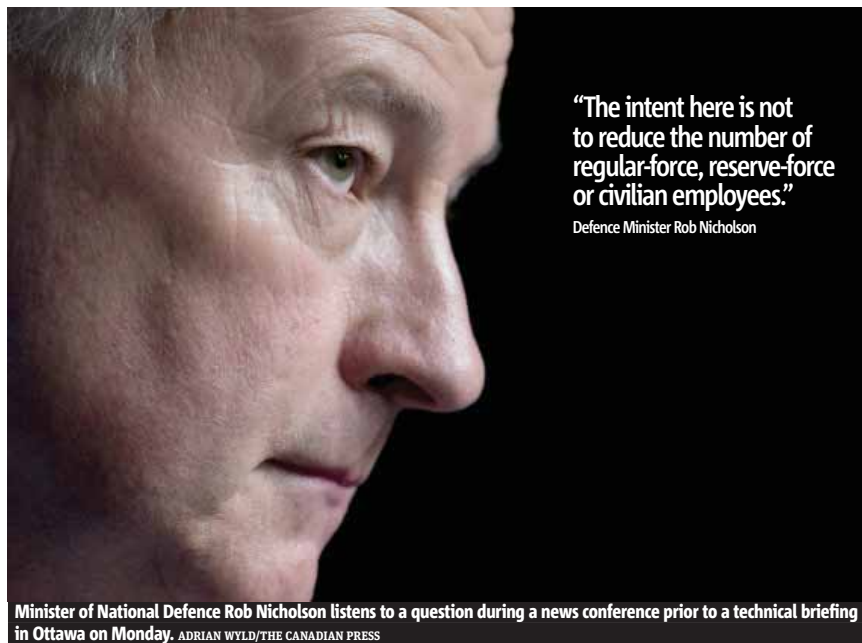
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Defence-renewal plan could save up to \$1.2 billion a year



"The intent here is not to reduce the number of regular-force, reserve-force or civilian employees."

Defence Minister Rob Nicholson

Minister of National Defence Rob Nicholson listens to a question during a news conference prior to a technical briefing in Ottawa on Monday. ADRIAN WYLD/THE CANADIAN PRESS

New strategy unveiled. Staff at the Dept. of National Defence may be redeployed; some could lose their jobs

As many as 4,800 military and civilian staff at the Department of National Defence could find themselves doing other work, training for new positions or perhaps even out of a job over the next four or five years.

It's part of a so-called defence renewal strategy unveiled Monday by the Harper government.

The plan could save as much as \$1.2 billion a year by 2017-18, but the savings will be plowed back into the department to maintain readiness, Defence Minister Rob Nicholson told a media briefing.

"The intent here is not to

reduce the number of regular force, reserve force or civilian employees," Nicholson said.

Rather, the goal is to rebalance the workforce and move administrative staff towards non-administrative positions at military bases across the country.

But while the plan is not meant to reduce the number of staff, senior defence officials at a technical background briefing said there could be some "individual" job losses among those who can't retrain or move.

Those officials also took pains to emphasize that the new plan is separate from the budget-cutting exercises of strategic review and the deficit reduction action plan, both of which saw the department eliminate jobs.

Those two activities combined are expected to chop \$2.1 billion a year out of the \$19-billion defence appropria-

tion by the time all of the measures are fully implemented in 2014.

The Union of National Defence Employees heaped scorn on the claim that the plan was not about cutting jobs.

"We were given the same verbal assurances today as we have been given countless times in the past that this is not an exercise in reduction," said Mark Miller, a vice-president with the union, which represents 17,000 defence employees.

"However, recent history has made us pay close attention to whatever it is we're being told."

As part of its budget-cutting process, the federal government has issued notices to 1,700 federal defence workers that their jobs will be eliminated, according to union figures.

"I'll take what's been said with a grain of salt," said Miller.

THE CANADIAN PRESS

Fire ruins Quebec town's main drag

Arson investigators searched for clues amid rubble Monday after a weekend fire razed part of a quaint community's main street.

They were looking for causes of a blaze that engulfed an entire block, scorching a strip mall and a half-dozen apartments. The fire burned down an abandoned grocery store, shops and eateries in St-Donat, a town northwest of Montreal.

No injuries were reported.

The fire was already quelled Monday as crews picked through the debris and doused a few smouldering hot spots.

Town residents gathered

near the site and took pictures of the blaze, the latest of several major fires to hit the town over the last three decades.

Police were investigating but had little to say Monday about a possible cause.

"We have a couple of investigators specialized in fires that are on the scene right now trying to understand what happened and what led to the fire," said Sgt. Benoit Richard, a provincial police spokesman.

Upon its eruption the previous afternoon, the powerful fire forced people to flee from nearby buildings. Firefighters had to call

in reinforcements from five other municipalities and 90 of them worked into Monday to control the flames.

The fire may have started behind an old commercial building, but investigators were only beginning to sift through the site, Richard said.

Mayor Richard Benard cautioned against speculation, calling on anyone who might have seen something to go to police.

"I would like to invite people to be prudent," Benard told a Monday afternoon news conference. "People saw all sorts of things so those people will have to talk

Cleaning up

Mayor Benard said plans were underway to clean up the main drag and reopen it later this week.

- While it wants to help rebuild the area, the town said it's too early to discuss a time frame.
- St-Donat's downtown has been hit by fire several times, the latest incident occurring in January 2000.

to the police."

THE CANADIAN PRESS



Death of Rabbi Ovadia Yosef leaves void in Israeli politics

Israeli police officers try to stop orthodox men from reaching the vehicle carrying the body of Rabbi Ovadia Yosef in Jerusalem, Monday. To Sephardic Jews, Yosef, 93, was a revered spiritual sage who transformed his downtrodden community of immigrants from North Africa and Arab nations and their descendants into a powerful force in Israeli politics. Among secular Israelis, he was widely perceived as a medieval figure occasionally given to bizarre rants. His death Monday leaves a gaping hole that could see the Shas political party splinter, reshaping Israeli politics. ARIEL SCHALIT/THE ASSOCIATED PRESS

Italy

38 more bodies pulled from wrecked boat

Italian divers recovered 38 more bodies from a smugglers' boat that capsized and sank to the bottom of the Mediterranean Sea with hundreds of migrants on board.

Monday's discovery brought the confirmed death toll from last week's tragedy to 232 before the operation was suspended for the day at nightfall.

Only 155 of the estimated 500 people on board survived the sinking. Scores of bodies are believed to be still trapped in the hull of the 18-metre boat, which is resting 47 metres below the surface. THE ASSOCIATED PRESS

Nigeria

Gunmen use call to prayer to lure worshippers to their deaths

Gunmen believed to be Islamic militants lured Muslims with a call to prayer and gunned them down as they entered a mosque in Damboa vil-

lage in the latest killings reported in an Islamic uprising in northeast Nigeria, residents and officials said.

The tactics used by Nigeria's Boko Haram terrorist network in Saturday's attack that killed seven residents seem to contradict the thinking of some other Islamic extremists on the continent.

THE ASSOCIATED PRESS

Spy games. Brazil wants Canada to explain espionage allegations

Brazil demanded answers Monday following allegations Canada's electronic eavesdropping agency mounted a sophisticated spy operation against the South American country's ministry of mines and energy.

Brazilian President Dilma Rousseff accused the Ottawa-based Communications Security Establishment Canada of engaging in industrial espionage.

Foreign Minister Luiz Alberto Figueiredo summoned the Canadian ambassador in the capital of Brasilia to "transmit the indignation of the Brazilian government and demand explanations," the Foreign Ministry said in a statement.

The accusations aired on Brazil's Globo television network also prompted questions from Canadian intelligence experts about exactly what the spy service should be doing and how much Canadians should be told of its priorities.

Why spy?

In comments Monday on Twitter, President Dilma Rousseff said industrial espionage appears to be behind the alleged spying.

- Canadian companies have large mining interest across the globe, including in Brazil.

The television report said the metadata — or indexing details — of phone calls and emails from and to the ministry were targeted by the Canadian agency to map the ministry's communications.

The report was based on documents leaked by Edward Snowden, a former contractor with the National Security Agency — CSEC's American counterpart.

Canadian officials were uniformly tight-lipped.

THE ASSOCIATED PRESS

Baird speaks up

Maldives not impressed with Minister Baird



MP John Baird
THE ASSOCIATED PRESS

Foreign Affairs Minister John Baird is in hot water with the Maldives.

President Mohammed Waheed wrote to Stephen Harper to complain about Baird's conduct during recent Commonwealth meetings in New York.

In a statement posted on the Maldives president's website, Waheed alleges Baird made "inappropriate and derogatory remarks" to his acting foreign minister.

Baird's office was not shying away from the controversy Monday. Spokesman Rick Roth said the minister was voicing concerns about the delay of the Maldives' run-off election and reports of violence and intimidation.

THE CANADIAN PRESS



Even beautiful Bali cannot distract Harper from worries over upcoming leaders' summit

Prime Minister Stephen Harper has used the platform of one international leaders' summit in Bali Monday to fire a torpedo into the hull of another. Harper stepped to the sidelines of the Asia-Pacific Economic Cooperation gathering on this idyllic Indonesian tourist island to formally confirm he'll boycott next month's Commonwealth summit in Sri Lanka. He threatened that Canada could cut the purse strings to the 64-year-old Commonwealth organization due to ongoing human rights abuses by the host Sri Lankan government. Canada contributes about \$20 million annually to various Commonwealth initiatives. SEAN KILPATRICK/THE CANADIAN PRESS

Canadians not free to leave Egypt as case remains open

Not out of the woods yet. They spent seven weeks behind bars without charge

Canadians John Greyson and Tarek Loubani are still under investigation in Egypt after their abrupt release early Sunday, and will be prevented from leaving the country until they are charged or the case closed, the Egyptian foreign ministry told Torstar News Service on Monday.

"The case is in the hands of the prosecutor-general's office, who have full independence," said Badr Abdelatty, a spokesperson for the ministry.

The two men were detained Aug. 16 at the height of violent clashes between Egyptian security forces and supporters of ousted president Mohammed Morsi. They were on a stopover on their way to Gaza, where Loubani, a London, Ont., emergency-room doctor, was to



Egyptians wait for the bus on a bridge in Cairo on Monday. Canadians John Greyson and Tarek Loubani are currently recuperating in a hotel in the city, according to relatives. HASSAN AMMAR/THE ASSOCIATED PRESS

teach medical students, which Toronto filmmaker Greyson planned to film.

In spite of the men's sudden release, and expectations that they would be home soon, Abdelatty said the case was "ongoing" and it is "usual that they remain in the country until (it) is resolved. No one with a pending case against

them is allowed to leave the country."

They had spent seven weeks behind bars without charge, and last week the detention period was extended by 45 days, until mid-November. That period allows the prosecutor to gather evidence for possible charges against them. TORSTAR NEWS SERVICE

NOVA SCOTIA VOTES
October 8, 2013



Today IS ELECTION DAY

Voting Hours: 8:00 a.m. to 8:00 p.m.

Polling locations are on the Voter Information Card (VIC) sent to your home. If you bring the VIC with you when you vote, the voting process will be faster. If you have not received a card, please contact your returning office. To find the telephone number of your returning office, visit www.electionsnovascotia.ca or call, toll-free, 1-800-565-1504.

It's not too late to be added to the List of Electors at the polls and vote. You must be:

- 18 years of age or older on October 8, 2013
- A Canadian citizen
- A resident of Nova Scotia since March 6, 2013

It is helpful but not mandatory that you bring identification with you to register.

For information contact Elections Nova Scotia

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Richard Temporale
Chief Electoral Officer
Monday, October 8, 2013

ELECTIONS
NOVA SCOTIA



Peter Dering, founder of online startup Peak Design, looks through a package of clothing he got from Buck Mason at his office in San Francisco on Monday. Buck Mason, a new online men's store, has capitalized off men like Dering who are increasingly interested in looking dapper, not dowdy. JEFF CHIU/THE ASSOCIATED PRESS

Designer denim is the new hoodie

No offence Mark Zuckerberg... but hoodies are out in Silicon Valley with young men ditching sweats for suits — or at least a sport coat

Silicon Valley has had a men's fashion problem dating back to its founders.

From their inception, tech

companies went out of their way to be different — and that meant no more business suits. Thus brilliant innovations took place in the dumpiest of outfits as leather sandals, elastic-waist jeans and old T-shirts became ubiquitous.

But that's changing as a younger generation of engineers and designers have arrived seeking clothes that co-ordinate.

"There's definitely a shift

happening here, and the age of the Silicon Valley culture has something to do with it," said image professional Joseph Rosenfeld.

"As a generation," he said, young professionals "tend to care more about style than engineers of the past."

The market has responded to this new attitude among the region's rising nerds, geeks and hackers with new online men's stores, personal style consultants and an array

of high-end shops at Northern California's biggest mall. They're catering to the emerging members of a creative industry who, nonetheless, are seeking something of a uniform.

"They'll typically wear designer denim and a great button-up shirt by day, and throw on a sport coat at night to go to a cigar or wine bar," said Westfield Valley Fair mall general manager Matt Ehrie.

THE ASSOCIATED PRESS

Cool quotient. Trendy e-cigarettes could hook youth on nicotine: Journal

A leading Canadian medical journal is raising concerns that electronic cigarettes could hook a new generation into nicotine addiction.

With fruit-flavoured products and movie star endorsements, e-cigarettes could lure youth who wouldn't otherwise smoke into a nicotine habit, an editorial in this week's issue of the Canadian Medical Association Journal suggests.

The editorial was written by Dr. Matthew Stanbrook, a Toronto-based respirologist and an editor at the journal.

He said it may be tempting for society to embrace e-cigarettes based on the assumption that they help some people to quit smoking.

Electronic cigarettes are small cigarette-shaped canisters that are used to simulate the sensation of smoking. Batteries in the canisters heat up fluid-filled cartridges that then give off a vapour, which from a distance resembles smoke.

Some of the cartridges are filled with flavoured liquids, for example cherry or menthol. Others contain nicotine, though those are not meant to



A medical journal editorial raises concerns youth may be attracted to trendy e-cigarettes. THE ASSOCIATED PRESS

be sold in Canada.

Stanbrook acknowledged that e-cigarettes probably do help some people quit smoking, but he worries that — unlike nicotine patches or gum — the devices have a cool quotient that could appeal to youth and spur them to start consuming nicotine.

"The gum isn't cool for youth to use in clubs. No one's going to make that sexy. No one's going to make sticking a nicotine patch on sexy and trendy. But here's something that looks to a casual observer exactly like smoking, can be made trendy, can be expanded to people who never smoked."

THE CANADIAN PRESS

A head scratcher. Pink penalty flags at NFL games lead to mass confusion

The NFL won't use the pink penalty flags beyond Monday night's Jets-Falcons game.

The pink flags were part of the NFL's "A Crucial Catch" campaign in support of breast cancer awareness. Coupled with the players' pink equipment, especially their gloves and towels, the pink flags caused confusion among broadcasters, fans, players and coaches Sunday.

The league hadn't specified whether the pink penalty flags would be used through Week 7 like the rest of the breast cancer initiative, "but the experience this weekend solidified that it would be for one week only," NFL spokesman Michael Si-

A crucial mistake

"At times I didn't know if flags were thrown or not just because a lot of guys were wearing pink towels."

Broncos safety David Bruton, who kept thinking there were more penalties than the 10 that were called in Denver's 51-48 win at Dallas.

gnora said.

Other elements of the campaign will remain, ranging from pink cleats to coins to caps until Oct. 21.

THE ASSOCIATED PRESS

2013 SUPREME COURT OF NOVA SCOTIA Hfx No. 414107

BETWEEN:

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- and -

PASCAL MERCIER and CAMMY MERCIER DEFENDANTS

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To be sold at Public Auction under an order for foreclosure, sale, and possession, unless before the time of sale the amount due to the plaintiff on the mortgage under foreclosure, plus costs to be taxed, are paid:

Property: All that piece or parcel of land situate lying and being known as Civic No. 77 Atkian Drive, Eastern Passage, in the Halifax Regional Municipality, Province of Nova Scotia being more particularly described in a mortgage made Pascal Mercier and Cammy Mercier and First National Financial GP Corporation, which mortgage is recorded at the Land Registry Office for the County of Halifax, as Document No.98449102. The subject property has been migrated to the Land Registry System and is known as PID No. 41174699, and is subject to a Restrictive Covenant, subject to an easement in favour of Nova Scotia Power Inc. and an easement in favour of the Halifax Regional Water Commission. A copy of the description of the property, as contained in the mortgage under foreclosure, is on file at the sheriff's office and may be inspected during business hours.

Date of Sale: October 31, 2013.

Time of Sale: 12:30 p.m., local time.

Place of Sale: Conference Room # 3, 1815 Upper Water Street, Halifax, Nova Scotia.

Terms: Ten per cent (10%) deposit payable by cash, certified cheque, or solicitor's trust cheque at the time of sale, remainder within fifteen days upon delivery of deed.

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Solicitor for the Plaintiff
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Halifax, NS B3K 5L2

Alan Coley
Sheriff for Halifax County

TOP SIX @ 6 Weeknights at 6 KB counts down the HOTTEST songs of the day

6 Hedley Anything

5 Macklemore & Ryan Lewis White Walls

4 Lorde Royals

3 Katy Perry Roar

2 Drake Hold On, We're Going Home

1 Miley Cyrus Wrecking Ball

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Market Minute

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Dow Jones: 14,936.24 (-136.34)

TSX
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OIL
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WILL YOU SPLIT THE COST WITH ME?

Asking your bride-to-be to cough up some cash for her own engagement ring might seem like an indecent proposal, but what if she offers to help pay for the rock? A recent survey conducted by wedding planning website The Knot reveals that more and more heterosexual couples are splitting the cost of the engagement ring. Forty-six per cent of women who responded to the poll indicated that they would be willing to contribute their own money to make sure they wind up with the diamond of their dreams.

I have mixed feelings on this new trend. On the one hand, why shouldn't a woman offer to chip in to help cover the cost of the ring? If she earns big bucks and has a preference for flashy jewelry then it makes sense for her to invest in something she truly wants.

Going Dutch on an engagement ring acknowledges the mod-



SHE SAYS

Jessica Napier

metronews.ca

ern reality of joint bank accounts and merged finances. Cohabitation before marriage is now the norm and splitting domestic expenses is usually part of the arrangement, so sharing the cost on this piece of marital hardware is a practical financial decision.

However, an engagement ring isn't just a cable bill or a furnace that needs replacing. It should be a symbol of love and commitment, not just another item on your monthly household budget sheet. Picking out a ring prior to the proposal and dividing the price tag between two Visa cards kind of takes away the romantic element of surprise. If an engagement ring is a gift from your future spouse, surely the sentiment is more important than the size of the rock?

For better or worse, most North American couples have bought into the wedding industry complex, which dictates that diamonds are an essential part of the courtship ritual. But in-

creasingly it seems that the ring itself—the cut, the colour, the sparkle—has become centre stage in the engagement process.

After announcing news of a proposal, women are accosted by friends and family who can barely get out a hurried, "Congratulations," before demanding to see the ring. Every weekend social media is flooded, not with images of smiling couples, but with close-up, iPhone snapshots of left hands adorned with recently acquired diamonds.

So is this trend towards cost-sharing really about equality, or is it an indication that our obsession with bridal bling has become too much for one paycheck to bear?

At the end of the day, we shouldn't really judge one another or comment on how others choose to spend their money. If you fancy a blinged-out sparkler then go ahead and invest in a nice rock together, but remember that the price of the ring doesn't signify the level of commitment. You can't measure love in carats.



Follow Jessica Napier on
Twitter @MetroSheSays

ZOOM

Folk girl is larger than life



COURTESY NATALIA RAK

No, she didn't fall down a rabbit hole

These days, in the Polish city of Bialystok you can seemingly spot a giant girl watering a chestnut tree.

This massive five-storey mural of a girl with a watering can wearing a traditional folk outfit was painted by graphic designer Natalia Rak. The work was made as part of the city's Folk on the Street art festival. **METRO**

Artist's comments



"At first, the festival organizers wanted to cut down the tree to make room for the mural. But when I showed them my idea, they didn't need to."

Natalia Rak, 27, graphic designer

Timeline

4

It took Rak four hours to make the sketch of the girl. The 27-year-old from Lodz, Poland, used a cherry picker to reach the higher sections of Bialystok's Institute of Chemistry building.

Clickbait



ANDREW FIFIELD

andrew.fifield@metronews.ca

I was slow to come around to audiobooks because early recommendations to me were all fiction, which for whatever reason I couldn't — and still can't — enjoy as an audio experience rather than a written one. Non-fiction though? I could listen to those all day. Here are three of my favourites, which are all available on Audible.



ISTOCKIMAGES

Shadow Divers (Robert Kurson):

When a group of divers set out in 1991 to solve the mystery of an unknown object on the sea floor off the New Jersey coast, they instead find a deeper riddle in the form of what should be an impossibility: A Second World War U-boat that both the German and American governments denied existed. The discovery kicks off a seven-year quest aimed at unravelling the history of "U-Who," a quest that winds through bitter disputes, imploding relationships and family tragedy.

Tearing Down The Wall of Sound (Mick Brown):

Phil Spector's Wall of Sound production technique remains one of the most stunning rackets you'll ever hear, 50 years after the release of classic girl group gems like Then He

Kissed Me. By the time Mick Brown began working on this biography, Spector had become a recluse with a very dark reputation — and this was before actress Lana Clarkson was shot dead in the producer's home and true-crime seeped into the story of a music legend.

Tokyo Vice (Jake Adelstein):

A 19-year-old from the U.S. Midwest arrives in Japan to study literature, taking up residence in a Buddhist temple. After launching a career as the first non-Japanese reporter at one of the country's most prestigious newspapers, Adelstein soon finds himself working the crime beat in Tokyo's sleazy and tragically bleak underworld — eventually coming up against one of the yakuza's most fearsome bosses.

Comments

RE: Annie Lennox Slams Music Industry's 'Highly Styled Pornography,' published Oct. 6

Annie is so correct. The videos are such a bad influence on young people ... would be rapists included.

I don't understand why these performers have to resort to this "highly styled pornography" other than to draw more attention to themselves due to low self esteem or to make more money.

Unfortunately, it seems to be working.

scooter posted to metronews.ca

WE WANT TO HEAR FROM YOU:

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DVD review



After Earth

Director. M. Night Shyamalan

Stars. Jaden Smith, David Denman, Will Smith

After Earth is so staggeringly ill-conceived, you almost have to admire the moxie of everyone involved with it. First you have a major studio (Sony), rolling the dice on a sci-fi blockbuster by an auteur director (M. Night Shyamalan), whose previous attempts at popcorn thrills (The Last Airbender, The Happening) were greeted with raspberries. Then you take your marquee star (Will Smith), add 10 pounds and remove all charisma, while benching him for most of the movie. The burden of the picture falls upon the star's 14-year-old son (Jaden Smith), who simply can't emote within the CGI-heavy environment of the dangerous post-Apocalypse planet he's playing hero in. Jaden is told by an older fighter that he's "not ready" for prime time, because he has a tendency to fade in the field — a comment that indirectly serves as criticism of the kid's underachieving acting. The end result is a movie that should have been called Death Wish, had that title not already been nabbed long ago. And the only value in watching it is to see an expensive disaster slowly unfold.

PETER HOWELL



Sara Canning and Ryan Kwanten star in *The Right Kind of Wrong*. CONTRIBUTED

A story of love in the time of camera phones

The Right Kind of Wrong. After being skewered on the Internet, rom-com's hero is not your typical knight in shining armour

Stop us if you've heard this one before: *The Right Kind of Wrong* isn't typical rom-com fare.

"And I need to use the word 'quirky' too, right?" said Sara Canning in an interview. "Because everyone says 'quirky romantic comedy.'"

Canning, 26, plays Colette, the target of the affections of despondent dishwasher/writer Leo (portrayed by True Blood star Ryan Kwanten), whose

reputation is left in tatters by his ex-wife's hyper-popular blog *Why You Suck*.

Leo falls in love with Colette on the very day she's set to marry an athlete humanitarian. What follows is a single-minded, nearly stalkerish, sometimes painful quest to make her love him, turning the lovable male knight trope — and the idea of the weak-willed woman — on its head.

"It's not the traditional way that he takes, but he works his way in there," said Canning. "And I don't think it's just about her falling in love with him, I think it's her realizing a lot about what she's settled on and what she's shelved in her life under some idea of what marriage is."

Kwanten said he relished the chance to play a character who isn't necessarily likable on

Adaptation

The film is adapted from the 1987 novel *Sex and Sunsets*, which was released well before the Internet's prime. The story in its current form is very much a product of this mobile-device moment, where Kwanten says we are "losing our ability to listen or to be romantic."

screen, but who wins over the girl — and the audience.

"Leo is flawlessly flawed in a way ... This was a character I've never seen in film before, and it was a great challenge, sinking my teeth into this guy who's so self-centred, obnoxious, sort of a professional dreamer. And to step into his shoes like that, it almost made me realize that

in a weird way, we all kind of dream to be like that, but because of societal conventions, we're predisposed to not being like that," said the 36-year-old actor.

"Growing up, I was always sort of the shy kid. I was always the fool standing in the corner at a dance party wanting to dance but being too caught up in my own little world, so worried about what everyone else is thinking, to get down and have a bit of a boogie. These days, you hit your mid-20s, your late-20s, you think, 'What do I have to lose? Life's getting away from me and I'm not doing the things that I really want to do,' and this guy does everything he wants to do."

The Right Kind of Wrong hits theatres on Oct. 11.

THE CANADIAN PRESS

2 SCENE

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metro

16

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Tuesday, October 8, 2013

They're back and wreaking Havok

New album. AFI's singer Davey Havok says the record's tone is 'brutal throughout'

JOHN
PLICHTER

Metro World News in Boston

Since the
release
of

their
major
label debut,
Sing the Sorrow, 10 years ago, AFI have solidified themselves as a band that can blend a variety of musical genres at once. Just as their look has evolved over the years, so has their music.

"A good analysis would be that we're blending the pure rock feel of Crash Love with the electronic elements of Decemberunderground," says singer Davey Havok when asked about their upcoming album Burials. "It's a musically ambitious record," he says.

The first single off of Burials, is I Hope You Suffer, which seems to have a more brutal sound than anything from Crash Love. Does the whole record follow suit?

I'd say the tone and sentiment of the record is brutal throughout. I Hope You Suffer really represents the majority of it. There's more yelling in tone on the record than in practice.

I understand that it took you only six



Davey Havok says recording the new album was "pressurized." GETTY IMAGES

weeks to record Burials.

It was tense and pressurized. We had to get so much done in such a short amount of time. We stayed focused and managed to do it, and I'm really happy with the way it sounds. But would I have liked to have more time? Yes.

There were a few other songs that I would have liked to track and record.

I've heard that you typically write upwards of 100 songs before selecting the best ones for the record. How many are we talking about here?

I can't say exactly how many we wrote and demoed out this time

What to wear...

You've launched a few clothing lines over the past few years. Any fall fashion tips?

- I'm a vegan and don't wear wool, and fall is a very wool-heavy season. ... But there's a lot of great vegan stuff out there. Joshua Katcher just created a line of off-the-rack suits for men that I'm very excited for.

around, but I feel it was upwards of 60 songs. I really loved a lot of them too.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Jai gets jilted: A D-list love triangle plays out on Twitter

MELINDA
TAUB
Metro World News

Do you ever wish pop culture would just freeze where it is? No new famous people admitted, we're at capacity? I feel like every time I turn around there's a new crop of pop star types, singing and courting and calling each other out on Twitter, and it's getting hard to track.

Ariana Grande's ex Jai Brooks posted a long rant on Twitter accusing her of cheating on him when she began her relationship with Nathan Sykes. Apparently all three of these people are famous. OK, OK, I know who Ariana Grande

is, and Nathan Sykes is in the Wanted, but for the life of me I can't figure out how I'm meant to have heard of this Jai person.

Anyway, Jai is very sad right now, because Ariana not only dumped him for Nathan — she also cheated on him, he claimed. "Yes I was cheated on. Yes it does suck," he wrote on Twitter.

"Nathan may be a top bloke or a sweet person, but what he did was just completely wrong. He interfered with my life and did not respect my relationship, his actions caused me to not be able to sleep at night and not see the world as a beautiful place. Nathan if you read this, when you hold her hand you better hold it tight because you are holding my world."

Aw, poor kid. Who knows what really went down, but he really does sound heartbroken. I am Team Jay. Sorry, I mean Team Jai.



Scarlett Johansson

Sexy Scarlett knows her title Don come easy

Scarlett Johansson is officially very attractive. Esquire magazine has dubbed the Don Jon star the Sexiest Woman Alive once again, making her the first woman to have the honour of earning the title twice. She was also named Sexiest Woman Alive by the magazine seven years ago. And Johans-

son doesn't plan on wasting this opportunity. "I'm the only woman to win twice, right? You know, I've got to hustle," she tells the magazine. "I'm a 28-year-old woman in the movie business, right? Pretty soon the roles you're offered all become mothers. Then they just sort of stop."

A pain in the neck won't stop this Snow White star



Charlize Theron

Charlize Theron is going to be rocking some scarves for a bit after finally undergoing surgery for a neck injury she suffered several years ago, according to Us Weekly. "Charlize got injured on a set and broke a vertebrae years ago," a source says. "It's been bothering her a lot lately so she had surgery to correct it and they had to go through her neck."



Miley Cyrus. ALL PHOTOS GETTY IMAGES

Miley will continue to lure us in with her Cyrus song

Despite earning good reviews for her recent stint hosting Saturday Night Live, Miley Cyrus insists she's no longer an actress.

"I thought after (Hannah Montana) I was going to act," Cyrus says during MTV's Miley: the Movement special.

"I did one movie and I came back and said, 'I'm never doing that again. I'm going to do music for the

rest of my life.'"

That movie, So Undercover, was delayed for two years before finally being released direct-to-video earlier this year, though she did have success in movie theaters with Bolt and the Last Song before Hannah Montana ended its run. "I'm starting as a new artist," she says of her work now. "That's how I think of it."

Whiskers Domestic Medium Hair

3 year old Whiskers came to us after the house she lived in burned down and was then condemned. She is still learning to trust people; staying under the covers of her bed for most of the day. Although Whiskers may always be a bit timid, she has all the signs of being a loving companion... looking up at you with her beautiful green eyes, she enjoys being petted and having her soft, fluffy belly rubbed. Please visit Whiskers today — she is hoping to find the right home soon.



For more information on Whiskers and other adoptable furry friends, visit www.pas.spcans.ca or contact the Nova Scotia SPCA Provincial Animal Shelter at 468-7877 or info@pas.spcans.ca

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Hot 'n' Cold and fit all over

Katy Perry. The 28-year-old pop star's personal trainer, Harley Pasternak, tells Metro how she stays in shape

**ROMINA
MCGUINNESS**
life@metronews.ca

She may have John Mayer, more than 42 million Twitter

followers and endless chart records, but Katy Perry is just a regular gal who wants the same thing many women want: to look and feel great as quickly and safely as possible.

And here's how she does it. "Katy and I train together three times a week — a typical session will last up to 45 minutes. Every day is different, but we'll always start off with a five-minute cardio warm up, either on the elliptical or on

a bike, followed by an upper body exercise, a lower body exercise and an abdominal exercise. We do repeat this sequence as a non-stop circuit a number of times before ending with a five-minute cardio cool down," Harley Pasternak, the star's trainer, tells Metro.

It's not only all about her presence and stamina on stage.

"People (not just the singers) are constantly rolling their

Work that body

"Every day is different, but we'll always start off with a five-minute cardio warm up."

Harley Pasternak
Katy Perry's trainer

shoulders forwards, whether that's because they've been sitting down for too long, tex-

ting or working in front of a computer. We really focus on trying to undo that and elongate the front of her body by working her upper back muscles (rhomboids) with things like cable and dumbbell rows. We also focus on her lower back with exercises like Superman and her hamstrings by doing stiff leg deadlifts. We'll also do tricep press-ups or dumbbell tricep extensions."



Welcome to the gun show. GETTY IMAGES

The Perry diet

Her trainer makes sure Katy Perry eats five times a day — three meals and two snacks. Every time she eats there has to be a protein, a fibre and a healthy fat. This helps her feel full and boosts her metabolism



Breakfast

Red breakfast smoothie

Lunch

Salad with grilled chicken



Dinner

Shrimp stir-fry

Snack 1

Cut veggies with hummus



Snack 2

Air pop popcorn



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Is BMI really the best way to measure your health?

Health science.

Experts weigh in on whether Body Mass Index is a realistic reflection of your general health

VIRGINIA
PELLEY

Metro World News

In the early 19th century, doctors still commonly prescribed bloodletting to treat ailments and disease, and a bag of live caterpillars tied around the neck was considered an effective treatment for whooping cough. Yet despite vast scientific advances in medicine since then, many doctors still use the formula for determining healthy body weight that a Belgian mathematician created in the 1830s. This system, now referred to as the Body Mass Index (BMI), measures body fat based on your height and weight and is recommended by both the Centers for Disease Control and National Institutes of Health — even though according to recent research, BMI is inaccurate and unhelpful in evaluating risk of obesity-related dis-

Get to know your weight

“Someone with muscle mass has a lower risk of disease, even if they’re overweight according to their BMI.”

Dr. Andre Giannakopoulos
American Board of Obesity Medicine



BMI may not carry as much weight as people think. ISTOCK

eases and mortality.

“Someone with muscle mass has a lower risk of disease, even if they’re overweight according to their BMI,” says Westbury, N.Y.-based Dr. Andre Giannakopoulos, diplomate on the American Board of Internal Medicine and the American Board of Obesity Medicine and an obesity specialist at the Center for Medical Weight Loss. “For example, a construction worker who’s muscular but not necessarily an athlete might be slightly overweight, but that might nevertheless be a healthy weight for him. It’s the amount of fat on the body in terms of percentage that contributes to risk.”

Because it doesn’t take muscle mass, body fat composition, bone density and ra-

cial and sex differences into account, BMI shouldn’t be the main tool to determine whether someone is at risk of more than 50 obesity-related health problems and diseases such as cancer, heart disease, hypertension and sleep apnea, says Dr. Rexford S. Ahima, professor of medicine at the University of Pennsylvania Perelman School of Medicine and co-author of an article regarding the difficulty of treating obesity published in the journal *Science*.

“Although BMI isn’t very accurate, it’s simple, cheap and can be used for comparative studies in various populations,” Ahima says.

“Accurate measures for body fat, such as underwater weighing, CT scan, MRI and DEXA, are expensive, cumbersome and not practical for

large studies.”

But as a growing body of research links obesity with expensive-to-treat chronic diseases, insurance companies are becoming more apt to cover medical treatment for obesity, Giannakopoulos says.

“Treating obesity is much more complex than simply telling people to eat less and exercise more,” says Giannakopoulos.

“Looking at overall blood work, for example, can uncover medical issues that could be making weight loss more difficult.”

Best Health

The road to a cancer-free world



BEST HEALTH
MINUTE

Bonnie Munday
Editor-in-chief
Best Health Magazine

October is Breast Cancer Awareness Month, and as freelancer Lesley Young writes in the October issue of *Best Health*, there is a lot to celebrate when it comes to the advances being made in the fight against the disease. To put it into perspective, the breast-cancer survival rate is now 88 per cent, up from 79 per cent 25 years ago. There is still a lot of work to be done. Here are just a few examples of our Good News Awards.

Prevention: most surprising discovery

In early 2013, a study of 1,200 healthy women showed that those with low vitamin D levels during a three-month period before diagnosis had three times the breast-cancer risk as women with the highest vitamin D levels. This suggests that taking vitamin D is strongly connected to cancer prevention.

Detection: most promising technology

The current mammography catches 85 per cent of breast cancer in women whose breast tissue is primarily fatty. But it catches only 60 per cent of cancers



Show some love. ISTOCK PHOTOS

in women whose breasts are dense (more tissue than fat). New technologies — breast tomosynthesis and breast-specific gamma imaging — are being developed that are expected to offer better analysis for women with dense breast tissue.

Treatment: most exciting targeted treatments

The drugs in development right now are the next generation of treatment for women with various types of breast cancer. They include one being developed by research leaders right here in Canada — the so-called “sharpshooter” drug can target only the bad cells, whereas traditional chemotherapy is non-specific.

So keep on participating in fundraising activities, this month and all year round. The money you are raising is truly making a difference. If you have participated in a fundraiser, share your stories and photos at besthealthmag.ca/ challenge.

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Tomatoes, feta, corn and avocado go with the grain



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This grain salad is best either warm or at room temperature.

It's best to cut the avocado just before serving or squeeze lemon juice over top to prevent browning.

Brown rice is a whole grain filled with nutrients such as B vitamins, fibre and protein.

1. Add the rice to the water or stock with the oregano and cumin. Bring to a boil, cover and simmer for 25 to 30 minutes or until the rice is cooked. Drain any excess liquid. Set aside.

2. Meanwhile in a large skillet, add the oil and onion and sauté for 5 minutes until tender. Add the garlic and corn and sauté until



This recipe serves eight. ROSE REISMAN.

the corn begins to brown. Add the tomatoes and cook until slightly charred (about

3 minutes).

3. Add the beans, arugula,

Ingredients

- 1 cup brown rice
- 3 cups water or chicken stock
- 1/2 tsp dried oregano
- 1/2 tsp ground cumin
- 2 tsp vegetable oil
- 1 cup chopped onion
- 2 tsp crushed garlic
- 1 cup canned corn
- 2 cups grape tomatoes
- 2 cups canned and rinsed black beans (one 19 oz/540 ml can)
- 2 cups arugula
- 3/4 cup crumbled light (30% reduced) feta cheese (2 1/2 oz/75 g)
- 2 tbsp olive oil
- 3 tbsp lemon juice
- pinch of salt and pepper
- 1/3 cup chopped cilantro or parsley
- 1/2 cup diced avocados

feta, olive oil, lemon juice, salt and pepper, cilantro and rice. Heat just until warm. Add diced avocado.

Health Solutions

Getting corny



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Corn is a great source of fibre, lutein and zeaxanthin to protect your eyesight. Its sweet juiciness also lends itself well to all fall culinary flavours. Here are some creative ways to enjoy it.

• Cut short three-inch chunks and roll in extra virgin olive oil. Then, place into the oven at 375 F for 20 to 30 minutes, turning occasionally. These roasted husks are a beautiful addition to a chili or a side dish to grilled meat.

• Remove the silk and soak for an hour in cold water then place directly on the grill, turn often for 20 to 30 minutes. Remove husks and keep some of the inner leaves as garnish leaves or platter linings through the

winter months to add a fresh flair. Store flat in freezer bags in the freezer. Eat corn as usual, rolled in butter.

• Cut from the cob raw and toss into a skillet with a pinch of smoked paprika and/or cayenne and a generous squeeze of lime juice. Add a dollop of butter and serve as a side dish with fish.

• Cut any leftover corn off the cob and stir with minced red onions and a vinaigrette. Use as relish.

• Scrape corn from the cob with a flat knife and reserve any "cream". Stir 1/2 cup corn with its cream with 1/2 cup Greek yogurt and 1/4 cup grated cheddar cheese with a dash of Worcestershire, pinch of oregano and a clove of minced garlic. Use as a bread spread or in wraps in place of mayo. **THERESA ALBERT**

IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM



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OMG! She can get 500 men and she can get 500 more: the 100,000-men challenge



Poland's Ania Lisewska knows how to reach her goals. CONTRIBUTED

KIERON MONKS
Metro World News

In May, Ania Lisewska from Warsaw had an unusual epiphany, deciding she could contribute to a more progressive society by sleeping with 100,000 men covering every country.

The 21-year-old design student's tally is so far just shy of 1,000. She has been prevented from entering countries such as Iraq and Lebanon, but told us she is still confident.

Your mission could take forever. Do you expect to complete it?
The end is far away but I am slowly making progress and everything is going to plan.

It seems very demanding. What is your motivation?
The project started to fight the taboo around sex, and if I can do something for this it

will be a good achievement. I am motivated by the positive feedback I am receiving from my fans.

And where have you received the best welcome?

Every country has great lovers, especially Polish, Czechs and Portuguese.

You have become a sort of celebrity. What sort of fan mail do you get? And what do your friends and family think?

Feelings are mixed. There are extreme cases of outrage, threats and negative opinion. I was surprised by the confusion and noise around the project — I had no idea it would move people so much. My family is not very interested.

Have you thought about just doing something else?
Not until I complete my mission!

Uniting to prove not evolving is a sin

Q&A. Transhumanists believe we can hack our bodies to become superhuman and a new generation of Mormons support them

KIERON MONKS
Metro World News

Science mixes with religion like oil and water, but Carl Youngblood, head of the Mormon Transhumanist Association, wants to bridge the gap. Youngblood is disliked by many traditional Christians and transhumanists — who believe technology will make us superhuman — but Youngblood believes that if everyone can stop squabbling there will be fabulous rewards.

What are the main points of unity between your faith and transhumanism?

I'm a Mormon and it is close to a scientific naturalist point of view, in that we ultimately believe there are physical explanations for everything, including miracles. We believe humans can progress from their current state to something more advanced.

What aspects of transhumanism are you most keen on?

I've always been a tech enthusiast since I played



Carl Youngblood of the Mormon Transhumanist Association. HANDOUT

with computers as a kid. Ten years ago I read Ray Kurzweil's book on the Singularity, and started to become aware of the rate

of change and progress. I began to think things could happen much sooner, and transhumanism has made mainstream the awareness

of exponential change.

They want to resurrect the dead. Are you playing God?

There is a tension in entering some domains traditionally left to God. The prospect of indefinite life is threatening to people with a more traditional view, but I see it as reconcilable because of my collective view of a God that works through us and does not impose upon us.

So, who hates you more — the traditional Christians or the science geeks?

We're misunderstood by both sides: a lot of transhumanists are highly secular and cannot reconcile their ideas with religion and see it as a desecration of their goal. Traditional believers see us as heretics. But we're trying to bridge the gap and both sides stand to benefit. Also, transhumanists display religious behaviour in their culture.

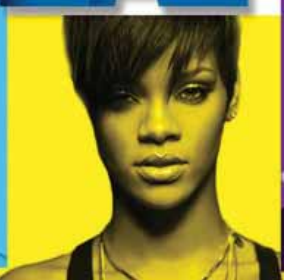
Do you take part in the research and experiments? Would you be happy to be part mechanized?

There is not enough of this but we try to make inroads; fundraising for scientific research. We're supporting an exciting protein development project and another for DNA mixing.

Is it a sin not to evolve?
It's hurting ourselves. If we don't take hints from the universe we are punishing ourselves, rather than God.

The 9+5

NO REPEAT WORKDAY



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LEARNING FRENCH CAN OPEN NEW DOORS

When it comes to learning a new language, there are limitless benefits to the applications of this new tool.

Not only will a new language create new social opportunities, but more doors can open in the professional world as well.

In Canada, speaking French can have a number of professional advantages when it comes to a new job search, or even moving up in a current job.

In many cases, it could mean a higher

salary or increased global opportunities.

Université Sainte-Anne is the only French-language post-secondary institution in Nova Scotia and enables students to acquire French language skills faster.

"With the current 5,000 bilingual-position opportunities with the federal government, this program satisfies one of the key requirements," says Neda Ghaferi, French language training adviser at Université Sainte-Anne.

"This program is considered to be one of the best and most intensive French programs offered at the only francophone university in Nova Scotia."

The program provides students with daily, intensive courses of six or seven hours that allows them to understand, use, and quickly improve their French.

The sessions are five weeks long and offered all year round.

For more, visit usainteanne.ca.



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Brown, who will be leading the weekend course, says the skills learned will



Abe Brown

CONTRIBUTED

not only apply to one's professional lives, but they can be applied to personal lives as well.

Upon successful completion of this course, you will receive an official CCF certificate, recognizing you as a certified coach practitioner.

The certified life and executive coach training course takes place from 9 a.m. to 5 p.m., at the Quality Inn in Halifax.

"For those who have an interest in making money, this course will teach you how."

Registration is now open.

To learn more, visit certifiedcoaches-federation.com, or contact Abe Brown at 866-455-2155 or abe@certifiedcoaches-federation.com.

MARITIME BUSINESS COLLEGE ADDS TWO NEW PROGRAMS

New this fall, Maritime Business College has added two programs — one for animal lovers and the other for those who love travel.

The new veterinary technician program is the first and only one of its kind in HRM. A veterinary technician works closely with the veterinarian and is trained to assess symptoms and diagnose and treat illnesses under the direct supervision of a vet.

"Animal lovers in this program will receive field training in vet clinics and can complete their diploma in just 60 weeks," says Janice Currie, director, Maritime Business College.

The new travel and hospitality program will prepare students for a wide range of rewarding and challenging careers.

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experts, and students benefit directly from the breadth and depth of their experience.

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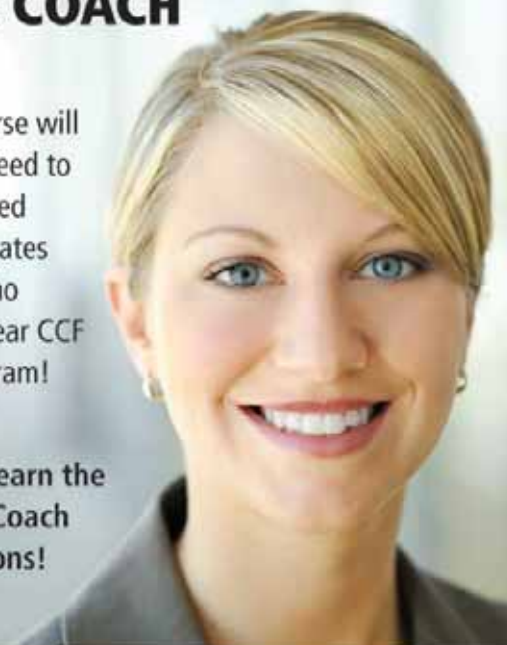


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Knowing what to teach kids about finances can be difficult, but a new educational tool can help parents tackle the subject. iStock

Dollar Decision\$ series helps you talk to kids about money

Education. Interactive tool shows teens about the consequences of their financial decisions



YOUR MONEY
Alison Griffiths
money@metronews.ca

Most parents would rather tackle sex education than financial education. Everyone with kids has some experience of the former but many lack confidence in their money skills. And even if one is pretty good with the bucks, knowing what to teach kids about finances and when to do it can be perplexing.

Then you get to the teen years when educating those little darlings about anything can be as difficult as rappelling without a rope.

Fortunately, there's help

for parents of Gen Tech. Dollar Decision\$, an interactive series just launched by the Investor Education Fund, is available at getsmarteraboutmoney.ca, and offers three engaging life situations to draw teens into thinking about financial issues.

Dollar Decision\$ was rolled out to teachers this summer, but I think it is also an excellent tool for parents who want to encourage teens, not only to make smart financial decisions, but to think about the consequences of different roads taken.

For example, in the Laptop Liberty scenario, buying a new computer offers various options for arriving at the goal. Some leave money in the wallet; others end up resulting in

a debt.

One of the best aspects of Dollar Decision\$ is that it allows students to make less-than-ideal choices, then shows them the cost in dollar terms. I also like the links available, especially the Financial Goals Worksheet — a handy tool for any age. The worksheet gets kids thinking about financial goals, then creating a plan to achieve them.

And while you're at it, encourage teens to try their hand at the Credit IQ quiz link at the bottom of the Dollar Decision\$ series. Even though a young person may be years away from getting their own credit card, learning how they work, and how they affect a credit score and one's ability to borrow, is

Check it out

- Dollar Decision\$ is available at getsmarteraboutmoney.ca. The site is run by non-profit organization the Investor Education Fund, and it also contains information about a wide range of other financial topics.

vital information.

Continuing on the kids-and-money theme, there are still a couple of weeks left in the Credit Canada Debt Solutions annual essay contest. Visit cewc.ca. It's open to Grade 12 students with 25 prizes of up to \$5,000 available. I'm a judge for the contest. Here's a tip — don't be afraid to expose yourself, and the funnier the better.

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca



Coulda, woulda, shoulda

One of the best aspects of Dollar Decision\$ is that it allows students to make less-than-ideal choices, then shows them the cost in dollar terms.



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*Based on \$12,200 fixed rate loan at 8% per annum with a 26 month amortization. Savings example is calculated by consolidating credit card balances of \$3200 @ 19% per annum with monthly payment of \$150/month, and \$1000 @ 25% per annum with monthly payment of \$100 and loan of \$8000 with 3 year term @ 9% per annum with monthly payment of \$265/month. The interest rate is subject to change at any time without notice. The rate is used for illustrative purposes. Personal Lending products and residential mortgages are offered by Royal Bank of Canada and are subject to its standard lending criteria. ©/™ Trademark(s) of Royal Bank of Canada. RBC and Royal Bank are registered trademarks of Royal Bank of Canada.

Promotion

Lewis surprised with start for Bills

From practice squad to NFL starter: Quarterback Thad Lewis received the surprising news of his sudden promotion Monday, when he arrived at the Buffalo Bills facility for team meetings.

Shortly before 8 a.m., coach Doug Marrone pulled Lewis aside to inform him to get ready to face the Cincinnati Bengals on Sunday.

"He just told me, 'You're starting,'" Lewis told The Associated Press. "He gave me the nod, so I have to go out and do my best with it."

Lewis is replacing injured rookie starter EJ Manuel. **THE ASSOCIATED PRESS**

Redskins

Meeting planned to discuss name

The NFL said it will meet with representatives of an Indian tribe from New York that is campaigning for the Washington Redskins to change their nickname.

NFL spokesman Brian McCarthy says Monday a meeting was scheduled for next month and could happen sooner.

THE ASSOCIATED PRESS

MLB

A-Rod 'witch hunt' goes federal

Alex Rodriguez's lawsuit claiming Major League Baseball and commissioner Bud Selig went on a "witch hunt" against him has been moved from state to federal court. MLB filed a notice of removal Monday, saying claims by the Yankees star are governed by federal law.

THE ASSOCIATED PRESS

At odds. Spin-o-rama not turning everyone's crank

Mason Raymond caused quite a stir with his spin-o-rama shootout move Saturday night.

The Toronto Maple Leafs winger scored on Craig Anderson, and the Ottawa Senators and others weren't sure if it should have been a goal after the joint NHL and Players' Association competition committee recommended making the 360-degree spin-o-rama illegal



Goaltending coach Piero Greco talks with Jonathan Bernier during practice at Air Canada Centre in Toronto on Monday. DAVID COOPER/TORSTAR NEWS SERVICE

Perfect Maple Leafs in 'correction mode'

NHL. 3-0 start no excuse for sloppy play, turnovers and bad execution, coach says

Untapped potential

"I think as a group we know we haven't played our best so far and we found a way to win three games." Leafs goalie Jonathan Bernier

A three-game winning streak usually isn't a breeding ground for complaints.

But after a perfect start to the season, at least in the standings, the Toronto Maple Leafs aren't acting like a team that's coasting along at 3-0. Starting with practice in preparation for Tuesday's game against the Colorado Avalanche, coach Randy Carlyle's group got into what he called "correction mode."

"I would say that there are parts of our game that we need

to improve on," Carlyle said Monday. "I think the games in general have been sloppier than what we'd expect, and that's probably the reason for concern. The number of turnovers and the lack of execution plays or fumbling of pucks and that kind of stuff."

Mistakes are to be expected early in the NHL season, and Carlyle expects "scrambler" play in the first 20 games or so. The Leafs' play at times has bordered on scrambling, which

is why committing fewer turnovers is a point of emphasis.

"You want to make it as hard on the other team as possible to create offence, and usually when you're not turning the puck over it's a lot harder (for an opponent)," forward James van Riemsdyk said. "It makes it more frustrating to play against when you keep chipping it in, you keep going to get it, you keep finishing checks and you keep cycling the puck. If we stick with that sort of thing,

then it definitely helps feed the way we want to play."

Giving the puck away 33 times Saturday night against the Ottawa Senators is clearly not the way the Leafs want to play. But they still managed to erase a two-goal deficit and win in a shootout.

Injuries to forwards Nikolai Kulemin and Frazer McLaren and defenceman Mark Fraser, and right-winger David Clarkson's 10-game suspension, have put Toronto in a spot where depth players have to fill some roles. The team called up Jamie Devane and Trevor Smith from the AHL's Marlies on Monday.

"That's part of our mandate: The best players are going to get the recalls," Carlyle said.

THE CANADIAN PRESS

NHL

Ovechkin takes top star for Week 1

Washington Capitals right-winger Alex Ovechkin was named NHL first star of the week Monday after recording six points over three games.

Ovechkin led all players last week in goals (four), points (six), power-play goals (three) and shots on goal (24).

THE ASSOCIATED PRESS

Early exit. Flyers fire head coach Laviolette

The Philadelphia Flyers fired coach Peter Laviolette after an 0-3 start and a pre-season vote of confidence from ownership.

The move came Monday, less than a day after Philadelphia lost 2-1 to Carolina.

Assistant Craig Berube will take over as coach. He is the Flyers' 18th coach in team history. **THE ASSOCIATED PRESS**

Quoted

"Nobody shined. Nobody looked good. I couldn't point to one thing that I thought was a positive."

Flyers chairman Ed Snider believes the team's current woes originated from an underwhelming training camp.



The Rays Jose Lobaton is greeted at home plate by his teammates after hitting a walk-off home run in ninth to defeat the Red Sox on Monday in St Petersburg, Fla. BRIAN BLANCO/GETTY IMAGES

Rays' Lobaton makes a splash with walk-off HR

MLB. Tampa Bay keeps season alive by winning its fourth do-or-die game in nine days

The Tampa Bay Rays are still afloat in the AL division series.

Jose Lobaton hit a solo home run with two outs in the bottom of the ninth inning into the giant fish tank beyond the centre-field wall, and Tampa Bay staved off elimination once again by beating the Boston Red Sox 5-4 Monday night.

The Rays cut Boston's lead in the best-of-five series to 2-1. Game 4 is Tuesday night at Tropicana Field, with Jake Peavy starting for the Red Sox against Jeremy Hellickson.

Tampa Bay took a win-or-

Game 3

5

Rays

4

Red Sox

go-home game for the fourth time in nine days. The Rays did it with an unlikely stroke as Lobaton, who came off the bench late in the game, connected against Red Sox closer Koji Uehara.

"It's unbelievable. It's something you can't explain," Lobaton said. "We never give up. We're going to keep fighting."

Back home after two weeks on the road, the Rays gave a sellout crowd of 33,675 little

to cheer for until Evan Longoria homered on his 28th birthday. Longoria's three-run shot off Clay Buchholz with two outs in the fifth rallied Tampa Bay to a 3-3 tie.

Pinch-hitter Delmon Young, who has a penchant for driving home key runs in October, put the Rays ahead 4-3 with an RBI grounder in the eighth.

The Red Sox tied it in the ninth against Rays closer Fernando Rodney. Dustin Pedroia's RBI grounder made it 4-4.

Rodney got the win when Lobaton homered to right-centre, into the 10,000-gallon tank where cownose rays swim around.

Uehara did not give up a home run in his final 37 regular-season appearances.

THE ASSOCIATED PRESS

Also on Monday

A's 6, Tigers 3.

Brandon Moss, Josh Reddick and Seth Smith homered for the Oakland Athletics, who chased Anibal Sanchez in the fifth inning and beat the Detroit Tigers for a 2-1 lead in their AL division series.

Moss broke a 3-3 tie in the fifth with a solo shot, and Smith's two-run drive later in the inning ended Sanchez's day. It was an impressive offensive show after the teams split two tense, low-scoring games in Oakland.

Cardinals 2, Pirates 1.

Rookie Michael Wacha took a no-hit bid into the eighth inning and the St. Louis Cardinals showed off their October poise, edging the Pittsburgh Pirates and setting up a winner-take-all Game 5 in the NL division series.

The Cardinals tied this playoff matchup and improved to 7-1 over the last three years when facing elimination in the post-season.

Pedro Alvarez hit his third home run of the series, connecting with one out in the eighth for Pittsburgh's only hit in Game 4.

NBA

Raptors open pre-season by beating Celtics

Rudy Gay and Tyler Hansbrough both scored 17 points to lead the Toronto Raptors to a 97-89 pre-season victory over Boston on Monday night in Celtics coach Brad Stevens' NBA debut.

DeMar DeRozan had 13 points and Terrence Ross added 12 for the Raptors.

Gerald Wallace led the Celtics with 16 points, and Jared Sullinger had 14 with six rebounds.

The 36-year-old Stevens was hired in July after a successful run at Butler University.

The Celtics had seven new players, mainly due to a blockbuster deal that sent likely future Hall of Famers Paul Pierce and Kevin Garnett to the Brooklyn Nets in a draft-night deal. GM Danny Ainge wanted to start rebuilding the team before the two became ineffective or retired.

The Raptors also made a big trade during the off-season, sending Andrea Bargnani to the New York Knicks in July for three players and three draft picks. THE ASSOCIATED PRESS

NHL. Schneider hopes to outplay Luongo in his return to Vancouver

New Jersey Devils goaltender Cory Schneider doesn't plan to get emotional about his return to Vancouver on Tuesday night, when he'll share the spotlight with former teammate Roberto Luongo.

"We're there less than 24 hours. Gotta play a game, gotta win a game. I'm not going to get all nostalgic," Schneider said Monday.

He'll get the start against the Canucks since teammate Martin Brodeur was tabbed to start for New Jersey on Monday night against the Oilers.

Schneider took the Vancouver starting job from Luongo last season. When the Canucks found they couldn't trade Luongo they turned around and sent Schneider to the Devils last June for the ninth pick in the 2013 draft.

Now the two will go head to head at Rogers Arena. While players usually like to insist it's team versus team, Schneider admits he'll be trying to outplay Luongo.

"Sure I am," he said before Monday night's game in Edmonton. "It's not me versus him, but generally you want to be better than the other guy."

Schneider posted a 17-9-4



Cory Schneider will play in Vancouver for the first time since the Canucks traded him to the Devils.

GENE J. PUSKAS/THE ASSOCIATED PRESS

record last season with five shutouts and a 2.11 goals-against average. He looked like the Canucks' future goaltender while the team tried all season to trade the veteran Luongo.

"It's something we were forced to deal with," said Schneider, who dropped a 3-0 decision to Pittsburgh in his first game as a Devil. "It's not that we wanted to or chose to, that's just life playing hockey in Canadian cities."

THE CANADIAN PRESS

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Toronto	3	3	0	0	12	8	6
Boston	2	2	0	0	7	2	4
Detroit	3	2	1	0	6	7	4
Ottawa	2	1	0	1	5	5	3
Florida	2	1	1	0	4	9	2
Montreal	2	1	1	0	7	5	2
Tampa Bay	2	1	1	0	4	5	2
Buffalo	3	0	3	0	2	7	0

METROPOLITAN DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	2	2	0	0	7	1	4
Carolina	2	1	0	1	4	4	3
N.Y. Islanders	2	1	0	1	6	6	3
Columbus	2	1	1	0	6	6	2
Washington	3	1	2	0	10	12	2
New Jersey	2	0	1	1	3	7	1
N.Y. Rangers	1	0	1	0	1	4	0
Philadelphia	3	0	3	0	3	9	0

Monday's results

New Jersey at Edmonton
NY Rangers at Los Angeles

Sunday's results

Anaheim 3 Winnipeg 2
Carolina 2 Philadelphia 1
Vancouver 5 Calgary 4 (OT)

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
St. Louis	2	2	0	0	11	2	4
Colorado	2	2	0	0	9	2	4
Winnipeg	3	2	1	0	12	10	4
Chicago	2	1	0	1	8	7	3
Dallas	2	1	1	0	4	5	2
Minnesota	2	0	0	2	5	7	2
Nashville	2	0	2	0	3	7	0

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
San Jose	2	2	0	0	8	2	4
Anaheim	3	2	1	0	8	11	4
Vancouver	3	2	1	0	12	10	4
Calgary	3	1	0	2	12	13	4
Phoenix	2	1	1	0	5	5	2
Los Angeles	2	1	1	0	6	7	2
Edmonton	2	0	2	0	6	11	0

Note: Two points for a win, one point for an overtime/shootout loss.

Tuesday's games — All Times Eastern

Colorado at Toronto, 7 p.m.
Phoenix at N.Y. Islanders, 7 p.m.
Florida at Philadelphia, 7 p.m.
Carolina at Pittsburgh, 7 p.m.
Tampa Bay at Buffalo, 7:30 p.m.
Minnesota at Nashville, 8 p.m.
New Jersey at Vancouver, 10 p.m.
NY Rangers at San Jose, 10:30 p.m.

MLB PLAYOFFS

A.L. DIVISION SERIES

(Best-of-5)

BOSTON (1) VS. TAMPA BAY (6)

(Boston leads series 2-1)

Monday's result

Tampa Bay 5 Boston 4

Tuesday's game

Boston (Peavy 12-5) at Tampa Bay (Hellickson 12-10), 8:37 p.m.

OAKLAND (2) VS. DETROIT (3)

(Oakland leads series 2-1)

Monday's result

Oakland 6 Detroit 3

Tuesday's game

Oakland (Straily 10-8) at Detroit (Fister 14-9), 5:07 p.m.

N.L. DIVISION SERIES

ST. LOUIS (1) VS. PITTSBURGH (4)

(Series tied 2-2)

Monday's result

St. Louis 2 Pittsburgh 1

Sunday's result

Pittsburgh 5 St. Louis 3

Wednesday's game

Pittsburgh (Burnett 10-11) at St. Louis (Wainwright 19-9), 5:07 p.m.

ATLANTA (2) VS. L.A. DODGERS (3)

(Los Angeles leads series 2-1)

Monday's result

Atlanta at L.A. Dodgers

Sunday's result

L.A. Dodgers 13 Atlanta 6

CFL

WEEK 16

EAST

	GP	W	L	T	PF	PA	Pt
x-Toronto	14	9	5	0	407	370	18
x-Hamilton	7	7	0	0	360	383	14
Montreal	14	6	8	0	349	385	12
Winnipeg	14	2	12	0	279	459	4

WEST

	GP	W	L	T	PF	PA	Pt
x-Calgary	14	11	3	0	446	323	22
x-Saskatchewan	14	9	5	0	419	316	18
x-B.C.	14	9	5	0	395	350	18
Edmonton	14	3	11	0	340	409	6

x — clinched playoff berth.

Friday's game — All Times Eastern

B.C. at Calgary, 9 p.m.

Saturday's game

Edmonton at Saskatchewan, 4:30 p.m.

Monday, Oct. 14

Winnipeg at Montreal, 1 p.m.

Toronto vs. Hamilton (at Guelph), 4:30 p.m.

NFL

WEEK FIVE

Monday's result — N.Y. Jets 30 Atlanta 28

Sunday's results

Arizona 22 Carolina 6
Baltimore 26 Miami 23
Cincinnati 13 New England 6
Denver 51 Dallas 48
Green Bay 22 Detroit 9
Indianapolis 34 Seattle 28
Kansas City 26 Tennessee 17
New Orleans 26 Chicago 18
Oakland 27 San Diego 17
Philadelphia 36 N.Y. Giants 21
San Francisco 34 Houston 3
St. Louis 34 Jacksonville 20

WEEK SIX

Thursday's game — All Times Eastern

N.Y. Giants at Chicago, 8:25 p.m.

Sunday's games

Detroit at Cleveland, 1 p.m.
Green Bay at Baltimore, 1 p.m.
St. Louis at Houston, 1 p.m.
Cincinnati at Buffalo, 1 p.m.
Philadelphia at N.Y. Jets, 1 p.m.
Philadelphia at Tampa Bay, 1 p.m.
Carolina at Minnesota, 1 p.m.
Oakland at Kansas City, 1 p.m.
Tennessee at Seattle, 4:05 p.m.
Jacksonville at Denver, 4:05 p.m.
New Orleans at New England, 4:25 p.m.
Arizona at San Francisco, 4:25 p.m.
Washington at Dallas, 8:30 p.m.

Horoscopes

Aries

March 21 - April 20

You may not want to make sacrifices but if you don't make them willingly now, the planets will force them on you later on. Financially, you really do need to get your house in order. Find ways to make savings.

Taurus

April 21 - May 21

If you recently embarked on a plan or project, you must see it through to the end. Don't use other commitments as an excuse to avoid what you know must be done. Stick with it.

Gemini

May 22 - June 21

Even if you are happy, there are still things you can change to make life run smoother. Think about it and act decisively around the time of next week's lunar eclipse.

Cancer

June 22 - July 23

Putting emotions into words can be hard and you are aware that a loved one is having difficulty explaining their feelings. Make it easy for them by revealing your own first.

Leo

July 24 - Aug. 23

Your heart may not be in what you have to do but if you knuckle down and make an effort, the planets will make sure your day is productive if not inspiring. One out of two is not a bad score.

Virgo

Aug. 24 - Sept. 23

You know what you want to do, so do it. Yes, most likely someone you live or work with will give you a hard time but you are tough enough to take it. Don't let their negativity discourage you.

Libra

Sept. 24 - Oct. 23

You may have a high regard for the truth but speaking your mind too bluntly could get you in a whole lot of trouble. The facts will come to the surface sooner or later anyway. You don't need to force them.

Scorpio

Oct. 24 - Nov. 22

With mind planet Mercury linked to Saturn in your sign, you may be a bit pessimistic today. There's really no need. Overall, your outlook is extremely good so stop worrying and start having fun.

Sagittarius

Nov. 23 - Dec. 21

Make sure you know what you are getting into before joining forces with people whose motives are a mystery. Most likely there is nothing to worry about but it pays to be sure.

Capricorn

Dec. 22 - Jan. 20

You have no illusions about what needs to be done, so do it. The course you have chosen may be difficult, but you know it's the sensible option. Others may not agree.

Aquarius

Jan. 21 - Feb. 19

No matter how tough life gets in the next few days, tell yourself that in the greater scheme of things everything will work out fine. Faith is a powerful force, sometimes even more powerful than facts.

Pisces

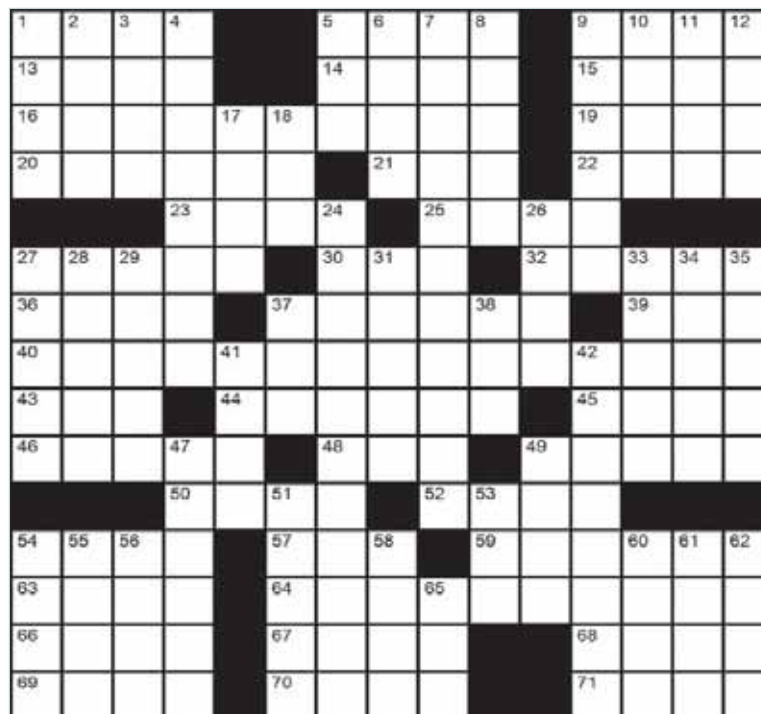
Feb. 20 - March 20

Subtle changes in your environment will be missed by most but your sensitive nature will latch on to them. Don't fear. They are changes for the better. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

1. Soup sort
5. Cuts lumber
9. Mr. Werner, "Canadian Idol" judge
13. Deity worshipped in ancient Thebes, variantly
14. "This ____" (Man's phone reply)
15. Bounce back
16. This-time-of-year dessert: 2 wds.
19. Lead-in to 'fall' (Slapstick maneuver)
20. Songstress Britney
21. "Vaseline" gr.
22. Mariah Carey hit
23. Ms. Turner
25. Catch sight of
27. Painter Emily, and others
30. Superman's alter ego ...his initials-sharers
32. Remove pencil forces with people whose motives are a mystery
37. ID on a forensics type of TV show: 2 wds.
39. Jazz style
40. Stockpiling rivalry during the Cold War: 3 wds.
43. ____ Dhabi
44. Disney mouse
45. Land-on-water
46. Workshop machine
48. Dinner, informally
49. ____ and pains
50. Baghdad's locale



52. Waistcloth
54. Closed
57. Couplet
59. Classic book character Mr. Gulliver
63. "Cheers" patron
64. Juno-winning singer/songwriter, Alfie ____
66. Golden gymnast

- Ms. Korbut
67. 'Photosynth' suffix
68. Puck-placement places
69. "____ here long?"
70. Famous concert stadium for The Beatles
71. "Darn it!" **Down**

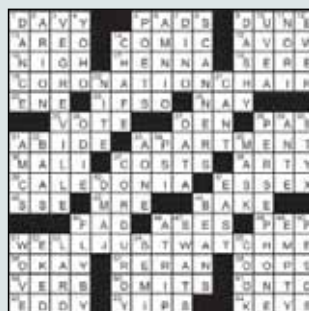
1. Road trip guides
2. "____ to my ears in work!"
3. Roughly
4. Soldier's status sometimes: 2 wds.
5. "____ City" (2005)
6. Ancient Egypt symbols
7. Crest products

8. Permeates
9. "____ in the sky at night I wonder..." - Madonna, "Ray of Light"
10. Land amount
11. Arctic ____ (Type of fish)
12. Stringed instrument of Japan

17. Kim's momager
18. Q. "____ the 14th letter?" A. "Yes."
24. Fall cooking ingredient: 2 wds.
26. Clothesline clingers
27. Passageway for boats
28. Place listed in The Beach Boys song "Kokomo"
29. Trim again
31. Mr. Reeves
33. Embarrass
34. Architectural base, as for a column
35. Foil-like weapons
37. Cocktail, Mai ____
38. Soul, in Paris
41. 911-calling reason, for short
42. British Columbia city
47. Wrestling legend from Alberta, Bret '____' Hart
49. "Wait just ____!"
51. Carpentry tools
53. American state, for short
54. Highbrow
55. Golf course 'opening'
56. Encourage
58. Sheriff Taylor's son
60. ____-friendly
61. Ms. James
62. Hold up
65. Pro bono TV spot [acronym]

See today's answers at metronews.ca/answers.
BY KELLY ANN BUCHANAN

Yesterday's Crossword

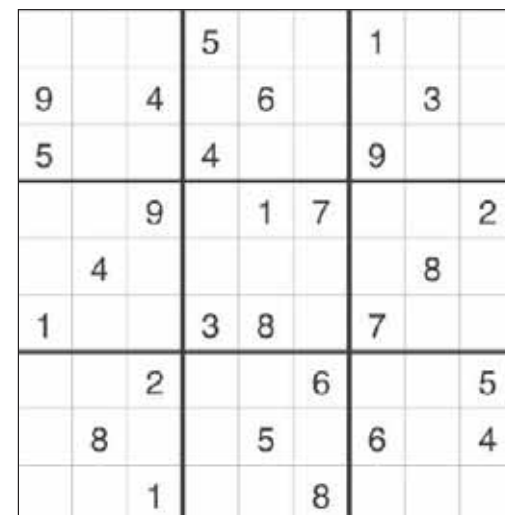


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



Today

18°/6°
Showers

90%

Wednesday

15°/7°
Sunny

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